

LONDON metro

\$7,000,000
estimated

**LOTTO
649**

**Wednesday's
Jackpot**



TRICKS TO SUMMER-FLAT STOMACH

RULE 1: RATHER THAN GIVE UP ON COCKTAILS, SIMPLY THROW AWAY THE STRAW. CHECK OUT OUR OTHER RULES AND AB WORKOUTS **PAGE 10**



Ottawa stands up to bullying

Recent teen suicides lead federal government to unveil anti-bullying initiative, which includes education and workshops aimed at youth **PAGE 3**

Hear that? It's the sound of silence

CRTC's new national code lets customers cancel their cellphone contracts after 2 years without penalty **PAGE 6**

London lands Maple Leafs' rookie camp

Four-team training camp on Sept. 5 includes Senators, Penguins and Blackhawks rookies **PAGE 14**



SPRING TURNS TO SUMMER CLEAN

Londoners Daniel Diaz, 19, left, and Laura Schreurs, 20, comprise one of the Clean Teams who will be roving streets and sprucing up downtown's core this summer. They were recently tackling King Street's grit and grime. More coverage on page 2. MARK SPOWART/FOR METRO

Suspected coke kingpin arrested: Cops

Charges. Arrest comes after eight-month investigation

London police have taken what they're calling a "high-level" cocaine trafficker off the streets.

Solomon Woldegabriel, 38, of London, has been charged with two counts of possession for the purpose of trafficking and one count of possession of proceeds of crime over \$5,000.

The charges come after police seized a little more than a kilogram of the drug and some flashy personal property. The property alone, including high-end jewelry and a 2008 Maserati, is valued at more than \$45,000, police said.

Seizures were made during an eight-month investigation led by the London police department's guns and drugs squad, which includes mem-

bers of the RCMP.

The latest search warrant was served last week at Woldegabriel's home on John's Drive in Arva, police said. Previous searches were done at addresses on Sarnia Road and Capulet Lane in London.

"This is a high amount of drugs to be seized," police Const. Jane Crosby said Monday as details were released.

"The goal is to always to have an impact on the drug market within the city. Any time we can reduce the amount of drugs on the street, we will work towards that goal."

MARK SPOWART/FOR METRO

Value

\$110K

Approximate value of cocaine seized from "high-level" drug trafficker, police say

What does your freedom look like?
Turn to page 6



Five-year program

Western to offer combined engineering, business degree

John and Melinda Thompson stopped by Western University on Tuesday, picking up a one-of-a-kind vase painted by a First Nations artist and leaving behind a cheque worth \$3 million.

The gift will be used to create an integrated academic chair between the university's faculty of engineering and the Richard Ivey School of Business.

Student will be able to earn a five-year dual degree program graduating with both a bachelor's degree in engineering science and an honours in business administration.

"This significant gift allows Western University to offer a truly unique engineering education that will prepare students for dynamic careers in their chosen field," said Amit Chakma, Western's president and vice-chancellor.

For John Thompson, former president and CEO of IBM Canada, returning to his alma mater was a chance to reflect on and invest in a place that was instrumental to his career.

"I have personally experienced the benefits of combining a Western engineering degree with the business education offered by the Ivey Business School," he said.

MARK SPOWART/FOR METRO

Traffic disruption

Drivers take note: Oxford Street to become construction zone

A construction project starting Wednesday will snarl traffic on Oxford Street between Sanitorium and Hyde Park roads.

The project, which includes replacing water mains and sewers, will stop all eastbound traffic and reduce westbound traffic to a single lane.

Eastbound traffic will be detoured south on Sanitorium Road. The work is expected to be finished by early July.

Daily construction updates are available on the city's website, london.ca/construction.

METRO

On the streets. Clean Teams adding shine to the core

Taking a page from the "if it worked once, let's do it again" book, Downtown London has brought Clean Works on board to keep the core looking spic and span all summer.

The Clean Team effort builds on the success of a similar effort launched during World Figure Skating Championships in March. But, this time, there's a little twist.

"(It's) primarily cleaning up the downtown and also being on hand to interact with Londoners and individuals should they need directions, creating that friendly impression," said

Becky Thompson, who works for Clean Works, the local company supplying the staff.

Teams took to the streets Monday and will be there through the end of September — cleaning equipment in one hand and downtown guides in the other.

For Janette MacDonald, executive director of the Downtown London business association, deciding to throw some dollars at the program wasn't all that difficult.

"The biggest complaint we get from our membership is the amount of dirt on the

About Clean Works

The cleaning company, which specializes in janitorial services, graffiti removal and power washing, is a division of the non-profit Pathways Skill Development.

- Pathways aims to help people overcome challenges to find jobs.

people downtown. We are here to extend that service."

Finding people able to work outdoors in all types of weather while still presenting a friendly smile was something Thompson took into consideration when filling the jobs.

While the primary focus of the project is downtown, MacDonald is hopeful it can expand, eventually.

"Right now we are starting small and making it perfect, then we will see if we can find additional funding to make it bigger," she said.

MARK SPOWART/FOR METRO

streets," she said. "The city has workers who do a good job, but it is just that there is so many

London artists join forces to celebrate one of their own

Tribute. The late Stephen Watson's final piece to be re-created by those he touched most

MARK SPOWART

london@metronews.ca

Stephen Watson was a man whose artwork left a lasting legacy, not only for the scene it depicted, but the political message it drove home.

Watson, who died from lung cancer last summer, will now have his last piece of work — Octopus' Garden 2 — re-created by fellow artists on a 30,000-square-foot wall spanning 197-199 Dundas St.

The \$40,000 monthlong project, slated to start in August, is the brainchild of Artfusion founder Ryan Mahy, who was a friend of Watson's and spoke at his funeral.

"He was an incredibly compassionate and caring individual; I was so blown away by how much he cared for the planet," Mahy said. "When we first opened up Artfusion, he

Quick fact

Stephen Watson's brother, Paul Watson, is a co-founder of Greenpeace and former head of the Sea Sheppard Conservation Society.

- The society's efforts have been captured in Animal Planet's Whale Wars.

and his wife would come down and volunteer their time every Saturday because they believed in what I was trying to create."

Mahy remembers Watson painting murals that were so vivid, bright and bold that they literally drew viewers in. When Watson had you looking close enough, the works would often make you start thinking, Mahy said.

"One of his paintings is a beautiful scene of dolphins; it is a very pleasant painting to look at," Mahy said. "Then, you read the title, Far From Taiji, and you realize he is making a statement about the cove in Japan where thousands of dolphins are corralled and then killed."



Ryan Mahy, founder of Artfusion, is pictured Monday with a reproduction of Stephen Watson's painting titled Octopus' Garden 2. The work will be recreated by graffiti and traditional artists later this summer. MARK SPOWART/FOR METRO

Violent dispute

Two charged after downtown fight

Two Londoners were arrested and three men were taken to hospital after a fight early Monday at York and Richmond streets.

Derick Austin, 42, and Joseph Topor, 28, are each charged with assault. Topor is also charged with assault causing bodily harm and theft. METRO

Tickets on sale Friday

Paisley tour adds London stop

Country superstar Brad Paisley, known for hits like Mud on the Tires and When I Get Where I'm Going, is bringing his Beat This Summer Tour to the Budweiser Gardens on Oct. 19.

The show will also include performances from country musicians Chris Young and Lee Brice. METRO

Province eyes hikes

User fees mulled

Photo radar won't come back, but other government proposals to increase and change user fees will be reviewed, Finance Minister Charles Sousa said Monday.

They include a surcharge of up to 75 cents for 911 services on monthly phone bills, according to Treasury Board documents.

THE CANADIAN PRESS

Annual event

Fundraiser nets big money for hospital

More than \$40,000 was raised for Children's Hospital on Sunday as walkers and runners hit the pavement for Josiah's Journey in Springbank Gardens.

The money will go toward the neonatal intensive care unit. METRO

Feds to fund anti-bullying program

'Important and timely.' Ottawa, Red Cross partner for initiative aimed at protecting youth after recent teen suicides



JOE LOFARO
Metro in Ottawa

The federal government announced funding for a program aimed at eliminating bullying among youth, after recent teen suicides have sent educators and parents looking for ways to protect young people.

Heritage Minister James Moore announced support for a Canadian Red Cross anti-bullying initiative called "Stand Up to Bullying and Discrimination in Canadian Communities." Moore made the announcement with Laureen Harper and Ottawa councillor Alan Hubley at A.Y. Jack-

A life cut short



Jamie Hubley had been a figure skater, and the only openly gay student at A.Y. Jackson High School in Kanata, Ont., a suburb of Ottawa.

son High School in Kanata, a suburb of Ottawa. Hubley's 15-year-old son Jamie attended the school before he took his own life in 2011 after being bullied for being openly gay.

Moore said the government is partnering with the Red Cross, which will train 2,400 youth between the ages of 13 and 17 who will deliver in-class workshops to other youth across Canada.

Hubley called the project "important and timely" in light of the recent suicides of Amanda Todd and Rehtaeh Parsons.



Allan Hubley, left, Prime Minister Stephen Harper's wife Laureen Harper, and Heritage Minister James Moore take part in an announcement regarding bullying Monday at A.Y. Jackson High School in Kanata, Ont., where Hubley's 15-year-old son Jamie went to school before his death. FRED CHARTRAND/THE CANADIAN PRESS

VIA terror plot

Suspect can't find lawyer who'll use Qur'anic defence

A terror suspect charged in an alleged plot to attack a VIA Rail train is having difficulty finding a lawyer who will try convincing a court to judge him against the Qur'an.

Chiheb Esseghaier appeared in a Toronto court via video link Monday to discuss his attempts to find legal representation — a process which has so far been unsuccessful due to his unusual demands.

"I want that the lawyer help me to change the reference of my case from the laws used by humans to the laws of the holy book," he said. **THE CANADIAN PRESS**

Social media

PM's partisan tweet raises eyebrows

Messages sent from the prime minister's Twitter account are drawing attention to how Stephen Harper uses the social media service.

Harper encouraged people to sign up for the

Conservative party mailing list Monday via what many consider his official Twitter account. Government policy forbids the use of federal social media accounts for partisan purposes.

But Harper's office says the account used to send the partisan pitch is one of two used by the prime minister and isn't his official government account.

THE CANADIAN PRESS



'Extremely dramatic' flooding causes deaths across Europe

The city hall of Grimma, Germany, is surrounded by water Monday. At least eight people were reported to have died and nine were missing due to floods in Germany, Austria, Switzerland and the Czech Republic. "The situation is extremely dramatic," Herbert Zillinger, a crisis centre spokesman in Passau, said about the southeast Germany city where water rose to levels not seen in more than five centuries. JENS WOLFF/DPA/THE ASSOCIATED PRESS

Report. Sleep conditions still causing infant deaths

The rate of infant deaths associated with unsafe sleep environments hasn't changed despite increased awareness, according to a report released Monday.

Of the 131 infant deaths studied by Ontario's Office of

the Chief Coroner last year, 37 per cent were found in unsafe environments, according to the annual report of the Paediatric Death Review Committee and Deaths Under Five Committee. **THE CANADIAN PRESS**

Soccer turban ban. Sikhs 'can play in their backyard'

The Quebec Soccer Federation says if Sikh kids want to play soccer while wearing a turban, they can play in their own yard.

Brigitte Frot, the director general of the federation, was asked Monday what she would

tell a boy in a turban who shows up to play soccer.

"They can play in their backyard, but not with official referees, not in the official rules of soccer" Frot replied. "They have no choice." **THE CANADIAN PRESS**



PRESENTS

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JUNE 8, 2013

11AM-4PM

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China. More than 100 dead after being trapped in blazing slaughterhouse

Fire swept through a poultry processing plant in northeastern China on Monday, trapping workers inside a slaughterhouse with only a single open exit and killing at least 119 people in one of China's worst industrial disasters in years.

Survivors described panic as workers, mostly women, struggled through smoke and flames to reach doors that turned out to be locked or blocked.

One worker, 39-year-old Guo

Yan, said the emergency exit at her workstation could not be opened and she was knocked down by frantic workers.

"I could only crawl desperately forward," Guo said, according to the official Xinhua News Agency. "I worked alongside an old lady and a young girl but I don't know if they survived or not."

The accident highlights the human cost of China's lax industrial safety standards, which continue to claim workers despite recent improvements.

Dozens were also injured in the blaze in Jilin province's Mishazi township, which appeared to have been sparked by three early morning explosions, Xinhua said. The provincial fire department attributed the blasts to an ammonia leak. The chemical is kept pressurized as part of the cooling system in meat processing plants.

A government official, who refused to give his name, said he expected the death toll to rise as more bodies were recovered. **THE ASSOCIATED PRESS**



Chinese medical staff wait near a poultry processing plant that was engulfed by fire. **THE ASSOCIATED PRESS**

Turkey. White House calls on police and protesters to refrain from violence

The Obama administration voiced concern Monday over Turkey's crackdown on protesters and urged all sides to keep from violence.

Spokesman Jay Carney said all democracies have to work through issues but expects the U.S. ally to do so while respecting its citizens' rights.

Police in Turkey have used tear gas for a fourth day to disperse demonstrations that have spiralled into the country's biggest anti-government

disturbances in years.

Secretary of State John Kerry, who has travelled to Turkey three times since becoming America's top diplomat, said the U.S. is following the situation closely and is troubled by reports of injuries and excessive force by police.

Earlier, Turkey's president defended the right of citizens to protest, in contrast to the dismissive stance of the prime minister.

THE ASSOCIATED PRESS



Turkey's Prime Minister Recep Tayyip Erdogan on Monday again dismissed street protests as a passing move by extremists. **THE ASSOCIATED PRESS**

Cambodia

Violence persists at Nike factory

Cambodian police clashed Monday with factory workers who make clothing for Nike, arresting seven, in the latest strike violence, said union and rights figures.

The protest at the Sabrina (Cambodia) Garment Manufacturing plant began May 21 when workers demanded their salaries be raised to \$88 per month from \$74. **THE ASSOCIATED PRESS**

Cyberattacks

Canada tells China to restrain hackers

Defence Minister Peter MacKay said he laid down clear "markers" Monday on how to curb cyberattacks originating in China.

MacKay told his counterpart in Beijing that Canada expects China to play by a "rules-based framework." He was non-committal when asked whether he believes the government is participating in the hacking. **THE CANADIAN PRESS**

Long gun registry 2.0?

Canada holds back on UN arms treaty

Canada hasn't decided whether it will join more than 60 other countries in signing a UN treaty to regulate the global arms trade.

Foreign Affairs Minister John Baird suggested on Monday a link between the treaty and the abolished long gun registry. He accused the Opposition of trying to find a back door to renew it. **THE ASSOCIATED PRESS**

Artificial insemination

Archdiocese fined for firing teacher

A Catholic archdiocese in Cincinnati violated anti-discrimination laws when it fired a teacher who used artificial insemination, a jury said Monday, awarding her more than \$170,000.

The attorney for the archdiocese argued Christa Dias violated a contract clause on abiding by church teachings and that Dias, who is gay, never intended to do so. **THE ASSOCIATED PRESS**

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CRTC cracks the dreaded 3-year cellphone contract

Wireless code. Telecom regulator's new national standards let customers cancel agreements after 2 years without penalties

telecom regulator unveiled its new rules for wireless contracts.

Telus, Rogers and Bell have yet to publicly comment on the Canadian Radio-television and Telecommunications Commission's new code of conduct for wireless services.

There was silence on the other end of the line from the country's biggest cellphone companies on Monday after the federal

But the news that wireless customers will be able to cancel their contracts after two years without any penalties — even if they've signed up for longer

terms — was welcomed by at least one consumer group.

"The wireless code has rules to help wireless customers where it counts — the bottom line," John Lawford of the Public Interest Advocacy Centre said in a statement. "It also makes it easier to switch companies because those costs are limited and are clear."

The code, which all service providers in Canada will have to abide by, will apply to new

wireless contracts beginning Dec. 2.

As part of the new code, the CRTC is also capping extra data charges at \$50 per month and international data roaming charges at \$100 per month to avoid huge, surprise bills.

The regulator will require providers to allow customers to unlock their devices after 90 days, or immediately if they pay the full amount of the device.

THE CANADIAN PRESS



In the lead-up to public hearings held this year on the new wireless code, the CRTC said it heard a lot of angry comments about three-year contracts. GETTY IMAGES FILE

What does your freedom look like?



You tell us what. We'll show you how.
tellusyourfreedom.ca



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London


Judge restricts protests after fur flies at Gaga event


A British judge has limited protests outside London department store Harrods after management complained that Lady Gaga fans were disturbed by anti-fur campaigners during an appearance last October. The judge said that while the singer visited Harrods to promote her perfume, Lady Gaga Fame, protesters with placards caused "nuisance, annoyance and harassment" to some people attending the event.


THE ASSOCIATED PRESS

Market Minute

 **DOLLAR**
97.30¢
(+0.85¢)

 **TSX**
12,609.80 (-40.62)

 **OIL**
\$93.45 US (+\$1.48)

 **GOLD**
\$1,411.90 US (+\$18.90)

Natural gas: \$3.99 US (+1¢)
Dow Jones: 15,254.03 (+138.46)



Glazed and confused

Is it a dessert? Is it a brunch food? Is it really such a good idea? Dunkin' Donuts is adding this doughnut breakfast sandwich — that is, fried eggs and bacon between a split glazed doughnut — to its U.S. menu this week. The sandwich clocks in at 360 calories, which is less than the 390-calorie turkey sausage sandwich the chain recently introduced for people looking to eat better.

JAMES SCHERER/DUNKIN' BRANDS INC./THE ASSOCIATED PRESS

PUTTING THE 'PRO' IN PROM

It's prom season.

I haven't set foot in a high school in almost a decade and yet I can't help but notice the increasing buzz of excitement in the air as teenagers across the country anticipate their iconic end-of-year dance.

Prom is an important rite of passage for young adults and a climactic moment in everybody's high school career — at least according to every single teen movie ever made.

When it comes to coming-of-age stories, corsages tend to get much more screen time than diplomas.

For high school seniors, prom night is essentially a smaller, less expensive version of a wedding reception.

There's the big dress, the cheesy DJ, the posed photos and the overwhelming expectations that are bound to leave you disappointed. These semi-formals have become so much like weddings that it's not even enough to just go to prom any-



SHE SAYS
Jessica Napier
metronews.ca

more. You have to be "promposed" to.

While it might have been good enough in the past to simply corner your crush by their locker after class and ask them to the dance, today's teens are planning elaborate romantic gestures in order to secure a date to prom.

A quick YouTube search shows about 150,000 videos claiming to be the "Greatest Promposal EVER."

From subtle messages scrawled on coffee cups to over-the-top flash mobs set to Justin Bieber's greatest hits, adolescent boys and girls are pulling out all the stops to pop the question to their would-be prom date. Stunts might range from obnoxiously outrageous to sweetly sentimental but they do have one

thing in common — every moment is documented thoroughly on social media.

This is the Tumblr generation after all; did it even really happen if no one was there to Instagram it?

Of course, it's only worth the effort and embarrassment if you're guaranteed to get the yes, which is why most promposals are between high school sweethearts who are coupled up already.

With teenagers' penchant for drama and insatiable appetite for attention, it's hardly surprising that a simple question has evolved into its own engagement-like ritual. But isn't it all maybe a bit too much?

The pressure to find a prom date is bad enough; these new expectations involving intensely passionate (and public) campaigns are an additional level of stress that senior students don't really need — especially around exam time.

Personally, I'm thankful that none of these shenanigans existed in my high school days.

I'm sure I would have spent weeks scrolling through #PROMPOSAL content alone in my bedroom and feeling disappointed that no one wanted to fill the school cafeteria with helium balloons for me.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Nice to moss, er, I mean, meet you



PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

Spanish man has found the ground

They look like do-it-yourself Halloween costumes but these moss-made outfits are in fact a part of a Spanish tradition dating back to the 12th century. The Procession of the Hombres de Musgo in the

town of Bejar originates from a time when Christians reconquered the town from Muslim guards by camouflaging themselves in moss.

Legend has it that a group of Christian men used moss, which grows in abundance there thanks to the region's

moist climate, as material for outfits to frighten Muslim guards.

At night, the moss-covered men slipped through the town gates and startled the guards, who thought the men were monsters. Fearing for their lives, the Muslim rulers fled the town forever. **METRO**

More spores

20 kg

20 kilograms is how much a moss costume weighs. However, rain would make this moisture-absorbing garment considerably heavier. Only six local townspeople are called upon every year to be one of the Moss Men.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Vine users meet Vine-Tune: Where Crowdsourcing meets Auto-Tune meets Twitter meets Vine meets a new way to procrastinate. If creating and sharing your six-second videos with your Vine pals isn't enough, you can now up your digital cred by having your gif-like videos be a part of indie bands' music videos.

Each month, the folks at VineTune (designers from London, U.K.'s Beattie McGuinness Bungay ad agency) chose a relatively unknown song and create a music video using Vine vids.

As the song plays and the lyrics scroll across the top of the screen, the six-

second videos with the same hashtag play. Sounds confusing? See for yourself (and add your own) at vinetune.com.

Don't have Vine yet? Google Play released it this week, while 13 million iPhone users having been Vine-ing for the past five months.



Twitter

@metropicks asked: @pmharper was criticized for tweeting a partisan pitch asking followers to sign up for the Conservative party's newsletters. What do you want him to tweet about?

@FrenchmanCanada: He should #LT an episode of his favorite show. I'd love for it to be Duck Dynasty or The Bachelorette.

@J8780: What Nigel Wright told him as to why he felt he needed to write Mike Duffy a \$90,000 cheque.

@KRam41: re Harper tweets: It's a fine line I guess.. He tweets abt animals & gets flack, tweets abt party and same result.

@MikeGormanHFX: What sort of masonry cement does he use for his hair?

@hserapsayv: No tweets of Harper interest me (yawn) .. The minister of Canada should tweet on national issues not partisan issues

that said is Harper really working for Canada or just the conservatives am his own agenda?

@SELLiott : I'd like @pmharper to tweet about parenting while being PM. Show us he's human.

@awanderingsky: The #pmo should handle the meaningless info tweets. @pmharper is missing out by not directly engaging the people.

@LondonComp: Let him tweet whatever he wants, if you don't like it don't follow him. All the other politicians tweet about their party.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

Finding the meaning of life on death row

The Killing. Peter Sarsgaard's role as a sinister inmate who killed his wife has him thinking about the morality and ethics of the death penalty

MATTHEW PRIGGE

Metro World News in New York

The third season of AMC's crime procedural *The Killing*, which premiered Sunday, has a new storyline and some new cast members. Among the neophytes is Peter Sarsgaard, a talented actor who's been among the best things in *Boys Don't Cry*, *Garden State*, *Shattered Glass* and *An Education*. In his first season-long television stint — which he was still shooting when we talked — Sarsgaard plays Ray Seward, a sinister death row inmate who killed his wife.

What are the challenges of playing a death row inmate?

So much of my story takes place in the same spot. In a lot of movies, there's the car chase, the scene at breakfast, the sex scene. This is about always going to the same cell. You have to find ways of doing a different dance on the same dance floor.

Were those challenges what drew you to *The Killing*?

Those, and also because the issues interested me. I'm very much against the death penalty. It's very easy to do a piece about someone who's been railroaded by the system who's innocent. If you don't believe in the death penalty, you have to take an extreme circumstance — someone who's indefensible — to see if it still applies. Otherwise, the death penalty applies in some cases.

What made you want to work on TV?

Just this show. I always really liked this show. I thought this material was better than some of the film stuff I was being offered. It seemed



Peter Sarsgaard has a handful of great films under his belt and now he's trying his hand at TV. HANDOUT

there was more of a role there.

There's much less of a fear these days for serious actors to do TV.

So many of my favourite actors are on television. So, if you want to act with them you have to be on

television.

How is TV acting different from stage or film acting?

It's really fast. And because you don't know the show as well as the show runners or the writers, you're more at their mercy. On a film you'll know the whole

story, and you'll go up to the director and say, "Oh, this doesn't seem right to me, this entire scene." And we'll work on it or they'll tell me to shut the f— up. There's more interaction about content. But on TV, with a series like this, you just have to trust them.

DVD reviews



A Good Day to Die Hard

Director. John Moore

Stars. Bruce Willis, Jai Courtney

The *Die Hard* series sells the lone wolf concept — Willis vs. global terrorists — yet deep down, it's really about family reunification. Good thing, too, because the violence gets old fast. The thump-thump-thump of the heart may be hard to discern behind the rat-tat-tat of machine gun fire, but the love has always been there. *Die Hards* 1-3 sought to return cowboy cop John McClane (Bruce Willis) to the shaky embrace of his wife (Bonnie Bedelia); the fourth film, *Live Free or Die Hard*, had McClane rescuing his adult daughter (Mary Elizabeth Winstead). Now comes chapter five, *A Good Day to Die Hard*. It moves the divorced and retired McClane to Moscow while reuniting him with his son Jack (Jai Courtney of TV's *Spartacus: Blood and Sand*). Willis and Courtney make a strong match, believable both as fractious family members and also as sarcastic adversaries forced by circumstances to work together. The family that yippee-ki-yays together, stays together.

Escape to Planet Earth

Director. Cal Brunker

Stars. Brendan Fraser, Rob Corddry

This animated sci-fi chuckler about aliens trapped on Planet Earth somehow manages to elude tedium, despite being a revisionist rip of rival 'toons. It's got a lead character (Brendan Fraser) much like Buzz Lightyear from *Toy Story*, who gets into all kinds of intergalactic mischief with beasties and humanoids resembling the inhabitants of *Monsters vs. Aliens*, *Monsters, Inc.*, *The Hitchhikers Guide to the Galaxy* and many other similar entertainments. The central premise isn't terribly new, either, with everyone from E.T. to TV's *Alf* and *Mork & Mindy* having already gone down this interstellar path.

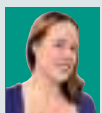
PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jesse James' teen daughter heads to rehab



THE
WORD

Dorothy Robinson
scene@metronews.ca

Jesse James' daughter, Chandler James, 18, checked into rehab in April to battle her addiction to crystal meth, RadarOnline.com revealed yesterday. The site published troubling photos and video of Chandler, 18, inhaling crystal meth off of aluminum foil.

"It is an open secret here in Austin that Chandler and



her friends party hard and get wired," said the "friend" who sold the video to Radar. "It was getting pretty out of hand. If she didn't get help, who knows what could have happened." Chandler also apparently has a problem with "huffing."

James confirmed the

news to Radar: "My daughter spent the month of April in a treatment facility getting help for addiction," James told RadarOnline.com, via email.

"She is out now and in recovery, actively participating in a 12-step AA (Alcoholics Anonymous) program."

Hard to counsel a family without the folks

Lindsay Lohan was hoping to get some family counselling in while under treatment at the Betty Ford Center, but it looks like that plan is off since neither her mother, Dina, or her father, Michael, could make it to the planned session over the weekend, according to Radar Online. "I didn't want a confrontation with Dina while Lindsay is in rehab," Michael tells the site. "I've decided to go home and see my baby." Lindsay, meanwhile, is not taking too well to her time at Betty Ford, even with one of her three months of treatment under her belt. "She hates being at Betty Ford," a source says.



Lindsay Lohan



Will Arnett ALL PHOTOS GETTY IMAGES

Will to live, happily

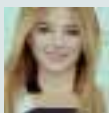
Arrested Development star Will Arnett found a very healthy and productive way to deal with his split from ex-wife Amy Poehler: hitting the gym. "If going to the gym obsessively for eight, nine months was my way of dealing, then let that be my worst problem," Arnett tells Details magazine. "Life is challenging, and I'd say that there's no guidebook — but there's about a million guidebooks out there. All people have been doing since the dawn of time is trying to figure out how to live this life and be happy. I'm no different."

Twitter



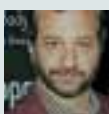
@mindykaling

The Tesla is cool but I've always thought of it as kinda for dudes and also I can't afford it. I love the maybach but I need an entourage.



@ChloeGMoretz

Waking up before dawn, oh summer sunlight, it's light till 11 then light at 4



@JuddApatow

People think it is wrong to make goofy tweets when there is something awful in the news. There is always something awful in the news.

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Rules for a summer-flat stomach

Don't be the party pooper that refuses to take their top off all summer. Experts tell us how to get a flat stomach and fast

ROMINA MCGUINNESS
life@metronews.ca



Don't sip your cocktail using a straw

Bet that poolside cocktail was really refreshing and delicious. And that long straw meant you didn't even have to lift your head from the sun lounge in order to take a sip. "Big mistake!" says gastroenterologist Dr. Roshini Raj. "Drinking out of a straw causes you to swallow more air, which can lead to gas and bloating."

De-clog your digestive track

Eating too many nuts and bananas can cause constipation, says Raj. "Nuts are good for you in many ways (they're a rich source of plant protein and omega-3 fatty acids) but the gelatinous form that they take when digested means they tend to stick together and get stuck ... Bananas, especially when unripe, are full of starch, which has been shown to slow down digestion. If you suffer from constipation, stick to eating one a week," she adds.



Work your deep abdominals

"Do 30 minutes worth of cardio exercises, five days a week. This can be anything from jogging and spinning, to treadmill exercises," recommends Michele Olson, exercise physiologist at Auburn University in Montgomery. "You also want to be doing push-ups and planks because your abs fire strongly during these moves in order to stabilize your back. Do two reps of 10 push-ups followed by 10 side planks to each side."

Stay away foods that cause flatulence

Some foods produce more gas than others, making you feel full and bloated.

"Complex carbohydrates, found in some vegetables, including broccoli and cauliflower can cause gas. These foods contain sugars that are passed undigested into the colon where they are broken down by bacteria producing gas as a by-product. ... And if you're in the habit of stirring some Sweet'N Low into your morning coffee, beware. Artificial sweeteners can cause gas to get trapped in your belly," Michele Olson, exercise physiologist at Auburn University in Montgomery, said.

Never, ever skip meals

If you think that skipping meals, taking laxatives or stopping eating altogether is going to do the trick, then think again.

"All this will do is cause you to lose water and electrolytes, leading to dehydration. This then prompts your body to retain water, meaning you'll just pack back on whatever water weight you lost," says Raj.



The flat belly workout

Single Leg Glute Bridge

Lie on your back with your knees bent. Raise your hips and hold that position as you raise and lower your leg while keeping your hips up and level. Do 12 reps then switch legs.



Valslide Upside Down Snow Angel

Place a Valslide (an exercise tool that makes lower body exercises smoother) under each foot and come down into a plank position, with your forearms on the floor. Start with your feet together, then slide your legs open (out) without letting your hips drop. Slide your legs back together to complete one rep. Do 15.



Valslide 1 Arm Slide

Place a Valslide under each hand and get into a push up position. Slowly slide one hand out in front of you, and then bring it back. Then slide your other hand in front of you, and then back. Do 12 on each arm.



Valslide Sliding Crunch

Lie on your back, knees bent with feet in the air and a Valslide under each hand. Slide your hands away, curling your body towards your legs while keeping your arms straight, and your chin tucked in. Do 20.



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www.DrugAndAlcoholHelpline.ca



Ontario



Anti-cancer turmeric trumps bread crumbs in pan-fried fish

This recipe replaces traditional bread crumbs with turmeric as a coating for pan-fried fish.

1. Beat egg in a shallow bowl with 1 tbsp of water.
2. Mix turmeric, whole-wheat flour, sea salt and white pepper in a separate bowl.
3. Dredge fish in egg and then set into turmeric-flour mixture, turning to coat.
4. Warm a large skillet over

Ingredients

- 1 egg
- 1 tbsp water
- 2 tbsp turmeric (or curry powder)
- 2 tbsp whole-wheat flour
- 1/4 tsp sea salt
- 1/4 tsp white pepper
- 1 lb catfish fillets
- 1 tbsp butter
- 1 tbsp grapeseed oil



This recipe serves four. SUBMITTED

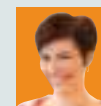
medium-high heat and add butter and oil. Quickly add the coated fish.

5. Cook for 2-3 minutes and turn once to cook through for 2-3 more minutes.

6. Set fish onto paper towel to absorb any excess fat. **THERESA ALBERT/MYFRIENDINFOOD.COM**

Health Solutions

Not a spice to sneeze at



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It isn't a new spice by any means, but it could help you prevent cancer.

Turmeric is one of the most widely studied foods for its potential anti-cancer properties.

It has been shown to be anti-inflammatory and cell protective for all kinds of cancers from bowel to prostate.

It is a root that is dried and ground into a powder, which creates that yellow colour in curries.

Ways to work it in:

- Buy it in Asian or Indian markets

whole and grate it yourself for a fresher, more potent punch.

- Sprinkle some pure turmeric on a kitchen cut to stop the bleeding in its tracks.

- Add it to any tomato-based sauce, you won't taste or see it but it will boost the potency.

- Add to spice cakes or cookies.

- Stir into dips.

- Consume curries more often.

- Mix with water and use as a scrub on sensitive skin.

- Take as a supplement.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Baby Kale shines in grown-up steak salad



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Baby kale is the new green on the block. I prefer these small leaves because they are tender and sweeter than the large fibrous leaves, which have to be massaged when eaten raw. If unavailable, substitute baby spinach or mesclun greens. Substitute steak for grilled

Ingredients

- 8 cups baby kale leaves
- 1 cup sliced red onion
- 1/2 cup dried cranberries
- 1/2 cup sliced and toasted almonds
- 8 oz grilled top sirloin steak

Dressing

- 2 tbsp olive oil
- 2 1/2 tbsp apricot jam
- 1 tbsp apple cider vinegar
- 1 tbsp lemon juice
- Pinch of salt and pepper

chicken, shrimp or tofu.

platter.

1. Place kale, onions, cranberries and almonds on serving

2. Mix all dressing ingredients together and pour over top.



This recipe serves eight. SUBMITTED

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Yes, the kids are off school but summer time livin' can still be easy

Handy survival tips.

Don't dread having your little ones home for the sunny months, be prepared instead.

Jane Roper, the author of the memoir *Double Time: How I Survived — and Mostly Thrived — Through the First Three Years of Mothering Twins*, knows how rewarding and challenging the summer months with children can be.

And now that her daughters are six years old, she has spent many a warm month keeping both of them occupied. "If you've got preschool or school-aged kids like I do, you may be dreading the end of the school year just a teensy bit,"



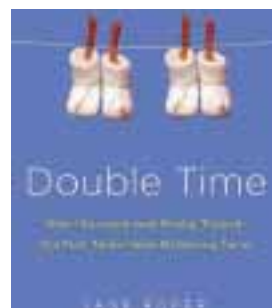
Enrol your kid(s) in a summer reading program this summer. iStock

she notes. "But fear not. There are plenty of ways to retain your sanity and have fun in the process." Roper shared her tips with Metro.

Just add water

Hot, humid weather makes

my children miserable, which in turn makes me miserable. When temperatures soar, we hit parks and playgrounds with water sprays or wading areas. When the girls were younger, I'd give them bowls, spoons and measuring cups, and let



them "cook" with ice. And if all else fails, there's always ice cream.

Make them read

Almost every public library has some kind of summer reading program — even for the picture-book set. Check out what's available near you, and designate some independent reading time every day. While

the kids read, you can dive into your own summer reading. Note: The *50 Shades* trilogy is probably not advisable. ("What's your book about, Mommy?")

Be a tourist

Summer is a great time to explore your own backyard — the parks, museums and attractions you don't normally get to explore. Schedule a weekly "field trip" to someplace within an hour's ride or drive that you and/or your kids have never been before. (This includes exotic new malls and movie theatres if you're craving air conditioning.)

Swap

Set up a regular play date exchange with a friend: their place this Friday afternoon,

Advice

Let them be bored

- "Resist the urge to schedule every last minute," advises Roper. "When my kids complain that they're bored, I say, 'Well, it's OK to be bored.'" Roper says that then, her girls "usually come up with some amazingly creative game or activity on their own." Or "they just lie on the couch like giant throw pillows for a while. Either way, you get a break and they survive. And it's all about survival, right?"

your place the next. If you're so inclined, bring a bottle of wine or other treat for the host when you pick up your kids. Especially if yours, like mine, are, er ... "spirited."

METRO

Tough-love parenting book from tough-guy actor

Q&A. Sopranos regular Steve Schirripa talks being a strict, loving, daddy, but one who's wary of his 'cunning' teenage daughters

ALEXANDRA
CAVALLO

Metro World News in New York City

On *The Sopranos*, Steve Schirripa played a hotheaded, loud-mouthed guy. As a father, he's pretty much

that same guy. He wrote *Big Daddy Rules* as a love letter to his two daughters.

"I guess I don't always tell them how I feel," he says. "I yell a lot. I'm pretty strict, and also I've got a lot of opinions, and I wanted to put them all together in a book."

What are the rules?

The first rule is, I make the rules. I'm your father, not your friend. But I'm the best friend you're ever going to have because nobody is going to care about you the way I care about you. The four greatest words in the



world are "because I said so." That's why you can't go

to the party where they're serving beer. Parents don't want to tell their kids "no" anymore.

What's the hardest part about raising girls?

A boy, you give them a ball, you give them a Lego, they're fascinated. Girls are smart, they're cunning, they're calculating. They bat their eyelashes, they manipulate you.

What's an uncomfortable situation, as a dad?

My daughter dated a boy when she was 16, and I

think I made a mistake there. I don't think she was emotionally ready. I was reluctant. I would not make that mistake again.

Do you really think you could have stopped her?

I hear what you're saying. I can't control everything they do, and I don't try to, but I want to be present whether I'm there or not. I want them to think, "What would my dad think about this decision I'm about to make?"

Were you strict with letting

them watch TV?

I am still! I hate that reality crap. I saw them one day watching *The Jersey Shore* and I said I never want to see that again, ever. It's complete garbage. You think this is for real?

What's your best advice for a new dad?

I think the best thing is to be present. Get in there; get your hands dirty. Be involved. You know, in every movie, every TV show, the dad's an idiot. Don't be an idiot. Take charge, change a diaper, help.

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Are you getting good investment advice?



YOUR MONEY
Alison Griffiths
money@metronews.ca

I'm mad as hell and ready to kick someone. Actually, I am ready to kick the advisor of a reader named Martin.

Martin is 59, on a fixed income and has little knowledge about investments. Nonetheless, he ended up with a \$150,000 investment loan, which the advisor then used to purchase seven seg mutual funds from two different insurance companies.

Seg funds are like mutual funds with capital guarantees of anywhere from 60 to 100 per cent, with 75 per cent being fairly standard. You must hold them for 10 long years before the guarantee can be activated.

Bear in mind that the guarantee does not cover any growth in the investments, only the money initially invested.

Interestingly, there's no 10-year period since 1950 when the Canadian markets have been negative. Even after the financial crash of 2008/2009 stocks righted themselves by early 2013. The worst period

for the U.S. market was 2000 to 2010 with a minus 3 per cent return for the Dow Jones.

Specific investments, however, including any given mutual fund, can be a 10-year pooch. But if you are only getting a 75 per cent capital guarantee and paying for it through elevated mutual fund fees for 10 years, you have to have one terrible fund plus a bad market in order for the guarantee to be

worthwhile.

Back to Martin. Not including borrowing costs, his funds are worth \$17,000 less than he paid for them in 2002. Not only that but he has considerable duplication in his holdings with two each of balanced, Canadian and global equity funds.

This advisor also persuaded Martin to buy shares of Research in Motion. He's actually made a few dollars here but this

was a pure gamble. Borrowing to invest is a risky strategy even if the investments are sound. Buying a single, volatile stock such as RIM is also hugely risky.

Martin's best course of action is to make a complaint to the firm first. His Know Your Client form should indicate level of knowledge and risk tolerance. I'm betting he indicated both were low. Two other complaint venues are the In-

vestment Industry Regulatory Organization of Canada (IIROC) and the office of the Banking and Investment Ombudsman.

Martin's portfolio does not match his situation or temperament and I am hoping he gets some compensation for this terrible advice.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Borrowing to invest is a risky strategy. ISTOCK IMAGES

Hold the phone: there's a new way to pay for your coffee

Whether it's buying morning coffee, getting a haircut or purchasing movie tickets, consumers want greater flexibility in paying for goods and services.

The number of credit and debit card transactions continues to increase, however payment with a physical card may soon be a thing of the past. In a connected world where smartphone and tablet usage continues to rise, this presents a shift in the way traditional payments are being accepted.

According to Pivotal Payments, one of Canada's leading payment processing companies, businesses both big and small can have a competitive edge by offering mobile payment options that are flexible and cater to their customers' changing needs.

"We've seen rapid growth of mobile payment applications due to the solution's affordability, security and universality," said Shaun McDonald,

vice president of product and project management at Pivotal Payments. "Mobile payments allow merchants traditionally unwilling to accept credit cards to expand their payment options."

With the use of a small card reader, merchants owning an iPhone, Android or BlackBerry device can easily accept credit cards at a relatively low cost. Some see this as a stop-gap between the use of physical credit cards and mobile wallets.

In the case of mobile wallets, a consumer's own smartphone becomes the payment source, with an application that stores their credit card information.

As consumer behaviour evolves and accepts these new technologies, it will usher in a new era of payment processing where an actual credit card may not necessarily be required to make what we now consider a credit card purchase.

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Jim Kelly

Hall of Fame QB battling cancer

Jim Kelly intends to confront the cancer found in his upper jaw bone much like the Hall of Fame quarterback has approached many of the numerous challenges he's faced in life: Head on.

Revealing on Monday that he's been diagnosed with squamous cell carcin-



Jim Kelly
THE ASSOCIATED PRESS

oma, Kelly drew upon his family, faith and perseverance. Those are three qualities that have helped him overcome the death of his son, Hunter, his mother and whatever obstacles stood in his way on the football field.

THE ASSOCIATED PRESS

NBA

Kidd retires after 19-year career

Jason Kidd became one of the best by making others better.

He turned around a long-time-losing franchise, guided another to a championship, and helped his last one to its first division title since the year he came into the NBA 19 years ago.

But he looked more

burned out than brilliant in the final weeks of the season, and on Monday he decided to end one of the greatest careers for a point guard in league history.

Kidd, 40, won an NBA title with the Dallas Mavericks and two Olympic gold medals, is second on the career list in assists and steals, and was a 10-time All-Star. He also played for Phoenix, New Jersey and New York.

THE ASSOCIATED PRESS

Tweeted



"Don't be mad when I shush you and show pride in what I represent. #america"

U.S. soccer player Sydney Leroux said that her cheeky goal celebration in a game in Toronto on Sunday was in retaliation to being racially abused in Vancouver last year.

Grief gives No. 1 in the world new motivation

French Open. Djokovic looks to win at Roland Garros to honour his late 'second mother'

Less than 48 hours after learning of the death of his childhood coach, Novak Djokovic was on court at the French Open, determined to complete a career Grand Slam in honour of the woman he likened to a "second mother."

Still grieving, Djokovic began shakily Monday. Six of the match's first seven unforced errors were his. After one poor exchange, he chucked his racket hard enough to break it. He dropped a set for the only time in four matches so far.

After recovering quickly to dispatch 16th-seeded Philipp Kohlschreiber of Germany 4-6, 6-3, 6-4, 6-4 and reach the quarter-finals at a 16th consecutive major tournament, Djokovic spoke from the heart about the passing of Jelena Gencic, who was 76.

Possible rematch

If Novak Djokovic can get past Tommy Haas, he'll find a familiar foe in the semi-finals: Seven-time French Open champion Rafael Nadal, who played his first relatively routine opening set of the tournament and put together a 6-4, 6-1, 6-3 victory over No. 13 Kei Nishikori of Japan.

- Nadal beat Djokovic in last year's final and is 56-1 in his French Open career.

"It hasn't been easy, but this is life. You know, life gives you things (but also) takes away close people," Djokovic said. "We were very close throughout my whole life, and she taught me a lot of things that are part of me, part of my character."

Gencic connected with a six-year-old Novak at a tennis camp, then worked with him for five years.

"I feel even more respon-

sible now to go all the way in this tournament," said the No. 1-ranked Djokovic, who owns six Grand Slam titles but none from Roland Garros. "I want to do it for her."

He'll need to beat three more opponents to accomplish that, starting with 12th-seeded Tommy Haas, who at 35 became the oldest French Open quarter-finalist since 1971 by eliminating Mikhail Youzhny 6-1, 6-1, 6-3 in less than one and a half hours.

By the second set, Youzhny was so out of sorts he destroyed a racket by slamming it nine times against his sideline seat.

Haas is a four-time Grand Slam semifinalist who climbed to No. 2 in the rankings at age 24. But recent times have been difficult because of a series of serious injuries and operations, including to his right shoulder and hip, and he missed more than a full season.

"Who would have thought two years ago I'd be in this position today?" Haas asked. "I wouldn't have."

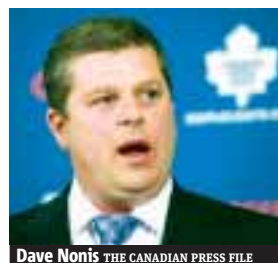
THE ASSOCIATED PRESS



Novak Djokovic plays a backhand during a French Open match against Philipp Kohlschreiber on Monday in Paris. Djokovic won 4-6, 6-3, 6-4, 6-4.

MATTHEW STOCKMAN/GETTY IMAGES

Budweiser Gardens lands rookie camp



Dave Nonis THE CANADIAN PRESS FILE

The Maple Leafs are coming back to London.

The Leafs will again host a four-team rookie training camp starting Sept. 5 at Budweiser Gardens.

The Chicago Blackhawks, Ottawa Senators and Pittsburgh Penguins will also send their rookies.

"It's a great opportunity for us to evaluate the players in

our system against their peers from other NHL clubs," Leafs GM Dave Nonis said in a news release.

The Leafs did not hold a rookie camp this season due to the lockout.

Previous camps have rotated among Kitchener, Oshawa and London. The Leafs last held the camp in London in 2010.

Tickets for the 2013 Rookie

Peepin' the prospects

Full-day passes will be offered at \$26 for adults and \$21 for students, seniors and children.

Tournament officially go on sale Saturday at 10 a.m. Tickets can be purchased at the Bud-

weiser Gardens box office, by phone at (866) 455-2849 or online at budweisergardens.com

Ticket prices for the evening games are \$19.25 for adults and \$14.25 for students, seniors and kids.

Prices for the afternoon games are \$16.75 for adults and \$11.75 for students, seniors and kids.

TORSTAR NEWS SERVICE

Horoscopes

Aries

March 21 - April 20

Your head will rule your heart today, but in a good way. Facts and figures are of the utmost importance, so make sure you know what's going on and what it might mean to your long-term plans.

Taurus

April 21 - May 21

There are times when it all seems to come together and this is one of them. Today's Mercury-Saturn link will clarify what before may have seemed confusing.

Gemini

May 22 - June 21

This is potentially one of the best times of the year for you and the closer you get to Saturday's new moon, the more you will follow your instincts and the happier you will be. Have fun.

Cancer

June 22 - July 23

Something you visualize today can be more than just an idle daydream. It could turn out to be enjoyable and lucrative if you're motivated to make it happen. Get up and get to it.

Leo

July 24 - Aug. 23

You may not want to seem mean, but if you give loved ones everything they ask for today, you may have nothing left for yourself. And if you're not happy, how can those around you be happy?

Virgo

Aug. 24 - Sept. 23

Go out of your way to be nice to people today, even though they may not always be nice to you. Someone in a position of power will be impressed by your ability to get along.

Libra

Sept. 24 - Oct. 23

Something you see or hear over the next few days will open your mind to the fact that the world is a bigger and more interesting place than you thought. Now all you need are some bigger goals.

Scorpio

Oct. 24 - Nov. 22

You may be a no-nonsense Scorpio but there is a kinder side to your nature that only those who know you well get to see. Try letting a few more people in on the secret today.

Sagittarius

Nov. 23 - Dec. 21

You may think you can do it alone but life will be so much easier if you have others by your side. What you most need today is someone with the patience to handle negotiations and read the small print.

Capricorn

Dec. 22 - Jan. 20

Do what you think is right, even if everyone around you seems to think it is wrong. If you follow your conscience today, it's unlikely you will stray far from the righteous path.

Aquarius

Jan. 21 - Feb. 19

Over the next few days, the right thing will happen at just the right time and those fears that have been invading your thoughts will just fade away. The upcoming new moon will give your confidence a boost.

Pisces

Feb. 20 - March 20

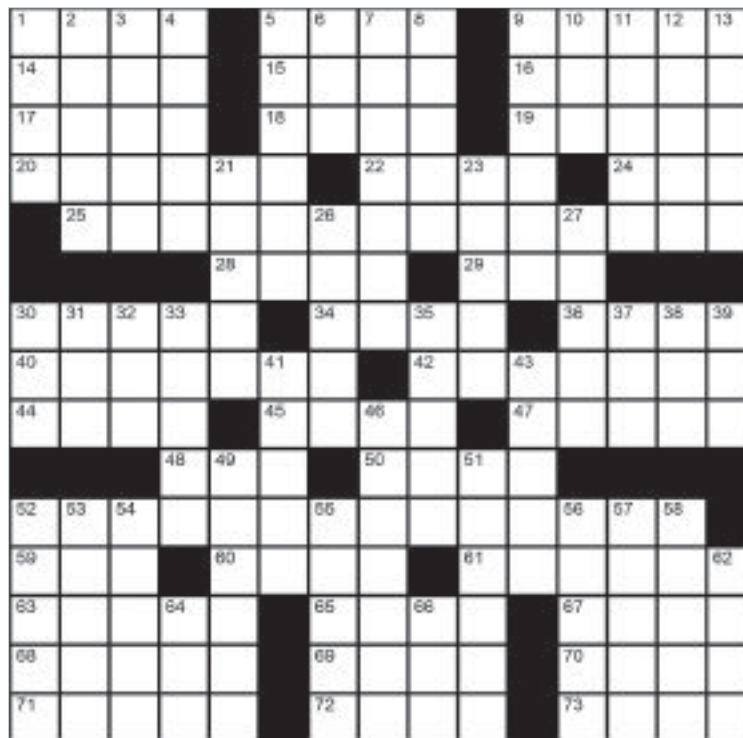
You don't have to give away all your worldly goods but you do have to do something to help people who are suffering in some way. Involve yourself in a bigger cause.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Bird for Hans Christian Andersen
5. Univ. teacher
9. Radiohead hit
14. Robin Cook's thrilling book
15. Since, to Robert Burns
16. TV feed's sound
17. In the crowd
18. Himalayas hairy humanoid
19. "Love, ___ O'er Me" by The Who
20. Early-'90s Canadian comedy series, "___ Mansion"
22. Like fine wine
24. Definite article
25. Aurora Borealis: 2 wds.
28. Arias, e.g.
29. Muck
30. Severus ___ (Character in 'Harry Potter' books)
34. Smidgen
36. Borscht ingredient
40. Keep ___ of the latest news
42. Set up
44. Gestures of affection for dogs
45. Bird beaks
47. Supplement: 2 wds.
48. Universal principle
50. Library verb
52. Gig for David Beckham: 2 wds.
59. For each
60. Manitoba community, ___ Lake



61. Tooth topping
63. Period
65. Seaport of Yemen
67. 6th Greek alphabet letter
68. Maiden name of Dixie Chicks member Emily Robison
69. Mr. Bridges
70. Mr. Stoltz

71. Edible seaweed
72. Biblical grandson
73. Unit of force

Down

1. Rip off
2. Shania Twain album: 'The ___ in Me'
3. ___ acid
4. Rock bottom

5. Hitchcock horror
6. Seedy sandwich selection
7. Toronto's locale
8. Fake
9. Fitness routine component
10. Ms. McClanahan
11. Ms. Wharton of books

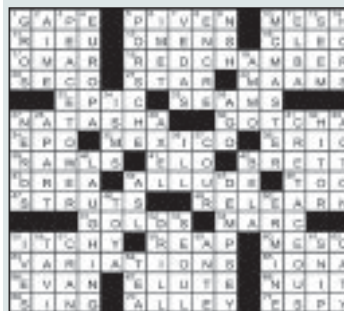
12. "___ Is Enough" (Old TV series)
13. Cornmeal breads
21. Sailor's status: 2 wds.
23. British composer of 'Pomp and Circumstance' marches, Sir Edward ___ (b.1857 - d.1934)

26. Upper crust
27. Spoil, as food: 2 wds.
30. Deplete, as energy
31. NFL, NHL ...and what else?
32. Mr. Linkletter
33. Plague, in Paris
35. Electroshock-er
37. "Howards ___" (1992)
38. Alter ___
39. British band, ___ Years After
41. ___ Owl
43. Inert gas
46. Manitoba city
49. Actress Ms. Dahl
51. Makes right
52. Hiked, as prices
53. Kind of jacket
54. Southern ___, as per accents
55. Related maternally
56. Groggy
57. Manicurist's tool, ___ board
58. Accept, as to a club: 2 wds.
62. Dainty fabric
64. Paris to Nicky, for short
66. Tokyo, formerly

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword

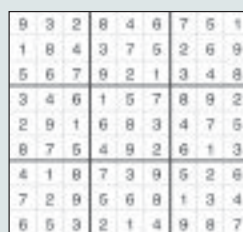


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today 19°/10° Sunny

Wednesday 19°/12° Variable

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